



MaineCare Services
An Office of the
Department of Health and Human Services

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MaineCare Member News

Winter 2012

Winter Fun

Maine has many winter activities that are fun and great exercise. You can try sledding, snow tubing, ice skating, and building snowmen or snow forts.

Here are some winter events in Maine:

- **Rock Maple Racing**– A snowmobile race in March in Skowhegan.
- **Camden Snowbowl**– The National Toboggan Championships in February. Racers dress up in costumes.
- **Caribou Winter Carnival**– A week-long event in February with unique winter sports such as downhill canoeing.
- **Maine Maple Sunday**– In late March, you can watch how maple syrup is made in Maine.



For more fun ideas and winter events go to:

- http://www.visitmaine.com/attractions/winter_activities/winter_events/ - Fun winter attractions for the whole family.
- <http://www.mainetodo.com> - Ideas for fun family activities.
- <http://www.mainemapleproducers.com/> Maple Sunday map for sugarhouse locations throughout the state.

In This Edition:

- Winter Fun
- How Can I Apply for Benefits Online?
- Need Help Finding a Dentist for Your Child?
- Don't be a "No Show"
- Find Cancer Early for Better Treatment Results
- Private Non-Medical Institution (PNMI) Initiative
- When to Call Your Doctor or Go to the Emergency Department
- Websites of Interest

How Can I Apply for Benefits Online?

At My Maine Connection, you can apply for:

- Food Supplemental Nutrition Assistance Program (SNAP)
- Medical Assistance
- Temporary Assistance for Needy Families (TANF)
- Child Care Subsidy



Visit the website at:

<https://www.maine.gov/benefits/account/login.html>

Need Help Finding a Dentist for Your Child?

Dentists who take MaineCare are listed on the Insure Kids Now website at:

<http://www.insurekidsnow.gov/state/maine/>

Children should go to the dentist every 6 months. By going to the dentist, your child's teeth will be healthier and cavities are caught early. You should take your child for his or her first oral health visit by age one if he or she has teeth.

If we do not have a record of your child going to the dentist within the last year, we may call you or send you a letter. Dental care is important and we want to make sure all children are getting good care.

If you need help finding a dentist, please contact Member Services at **1-800-977-6740**, or if you are deaf or hard of hearing and have a TTY machine, call the TDD/TTY line at 1-800-977-6741. We are open between 7 am and 6 pm, Monday through Friday.



**If you do not have a Primary Care Provider (PCP) please call
Member Services at 1-800-977-6740.**

Don't be a "No Show"...Call to Cancel Your Appointment!

**If I don't go to my doctor's appointment and
I don't call to cancel it, what happens?**



- Your doctor does not get paid for your time slot.
- Another patient won't be able to schedule an appointment.
- You may not be able to schedule another appointment right away.
- Your doctor has the right to no longer see you as a patient.
- If you keep missing appointments, MaineCare will call you to talk about why it is happening. We can help you get to your appointments.

Find Cancer Early for Better Treatment Results

Update your family health history to improve your chances of finding cancer early!

Doctors often ask for a family health history the first time you visit. They don't always ask if anything has changed when you go back. Even if your doctor doesn't ask, let him or her know any time a relative has cancer. You should also tell the doctor what type of cancer and what age your family member was when he or she found out. If you have a relative who has had cancer, you may have a higher risk for the same cancer.

Tell your doctor if the following relatives have been diagnosed with cancer:

- Parents
- Siblings
- Children
- Grandparents
- Aunts/Uncles



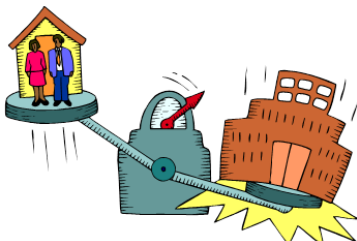
A study in the *Journal of the American Medical Association* says that your family cancer history could tell your doctor if you need screening tests. It can also tell your doctor how often you need to be tested. Screening tests can help you find cancer early, which is when it's easier to treat.

For more information about cancer, contact the **American Cancer Society** any time (day or night) at **1-800-227-2345** or visit the website at: **<http://www.cancer.org/>**.

Private Non-Medical Institution (PNMI) Initiative

The Maine Department of Health and Human Services (DHHS) works under the rules and regulations of the Centers for Medicare and Medicaid Services (CMS). Recently, CMS told DHHS that Maine is not following the right rules for Private Non-Medical Institutions (PNMI). These are places where people live together to get help with personal care and other medical needs.

In order to follow CMS rules, DHHS and providers will have to make some changes. We are working together on what these changes will be. How MaineCare pays for these services may change.



Please check the website for the most up to date information at:
<http://www.maine.gov/dhhs/oms/provider/pnmi.html>.

Call Your Doctor

When your illness is not an emergency but you need care or advice quickly, it is called “urgent care.”

Some examples of urgent care might include:

- Cold & flu symptoms
- Cough
- Earaches
- Sore throat
- Skin problems such as rashes, boils, acne, or cysts
- Headaches, unless caused by a head injury
- Pain you have had for a long time that has been treated by your doctor, like long term back pain
- Routine checkups or well child visits
- Teething
- Diaper rash
- To get a doctor’s note to go back to work
- Less severe fever
- Hemorrhoids, unless severe bleeding that won’t stop
- Constipation
- Infected surgical wounds
- Follow up or recheck visits

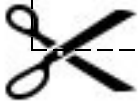
Emergency Department

Emergency Department (ED) visits are only for an emergency, not for routine care. An emergency is any physical or mental health problem that you think could cause serious harm if not treated quickly.

Here are some examples of emergencies:

- Chest pain
- Trouble breathing
- Broken bones
- Head injuries
- Severe bleeding
- Coughing blood
- Poisoning
- Person not able to move or speak
- Bad burns
- Deep cuts
- Harmful feelings to yourself or others
- Mental confusion
- Rape or physical attack
- Severe injury to a joint
- Severe pain
- High fever

If you are not sure you are having an emergency, call your primary doctor or the ED first. If you have a life threatening health problem, or one that could lead to a life long injury, go to the ED.



Websites of Interest

- <https://www.maine.gov/dhhs/oms/index.shtml> -The MaineCare website has information about benefits and services.
- <http://www.maine.gov/dhhs/boh/index.shtml> -Maine Center for Disease Control & Prevention website has information about staying healthy and preventing illness.
- <https://www.maine.gov/MyMaineConnection> –Apply for food, medical, cash, and child care assistance.
- <http://www.safekids.org> -Great tips on how to keep your children safe.
- <http://www.healthychild.org/live-healthy/eat-healthy/> -Simple and budget friendly recipes..
- <http://www.getrealmaine.com/index.cfm/fuseaction/home.showpage/pageID/93/index.htm> -Maine farms, farmers’ markets, and farm stands that accept Supplemental Nutrition Assistance Program (SNAP).
- <http://www.cancer.org/> -Cancer screening, prevention, and treatment.
- <http://www.text4baby.org> or text **BABY** to **511411** -Get texts about your baby timed to your due date.